

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 53: Cross Tabulation of Fruit and Vegetable Consumption and Healthy Eating Practice Score among California Adolescents By Behavioral Theories

		Percent of Adolescents ¹	Mean Servings of Fruits and Vegetables ²	Healthy Eating Practice Scores ²
Self-Efficacy				
Can you find healthy foods in your home?	Yes	99	4.5 **	3.0
	No	1	2.3	2.4
Do you think you could eat more fruits and vegetables?	Yes	98	4.5 ***	3.0
	No	2	6.7	3.4
Behavioral Capability				
Do you know how to pick out healthy foods from menus?	Yes	86	4.7 ***	3.1 ***
	No	14	3.4	2.7
Did anyone ever teach you how to cook foods in a healthy way?	Yes	65	4.8 ***	3.1 **
	No	35	3.9	2.8
In the last year, have you taken a class, or course at school in which the health effects of good eating habits were discussed?	Yes	58	4.8 ***	3.1 ***
	No	42	4.1	2.8
Reinforcement				
Do you feel bad about yourself on days when you haven't eaten healthy?	Yes	36	4.7	3.1
	No	64	4.4	2.9
Do your parents or the adults you live with notice when you haven't eaten healthy foods?	Yes	61	4.7 *	3.1 *
	No	39	4.2	2.9
Environment				
Do you like the food served at your school?	Yes	53	4.6	3.1 *
	No	47	4.4	2.9
In general, are fruits, vegetables and juices available to you when you are hungry?	Yes	86	4.6 **	3.0
	No	14	3.9	2.8
Reciprocal Determinism				
Have you ever worked in a garden to grow fruits and vegetables?	Yes	46	5.1 ***	3.2 ***
	No	54	4.0	2.8

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test¹

ANOVA²

* p<.05

** p<.01

*** p<.001